



THE GRAPEVINE



A WORD FROM OUR DIRECTOR

We just closed our 2011 fiscal year and now prepare for the annual audit. Our preliminary year-end numbers suggest that we will close with some General Fund to carry forward. It has been a very long time since we have not had to look to our Affiliation partners for year-end help with our General Fund. In addition, through the dedicated efforts of all our staff, we were able to eliminate our wait list for services.

It has been a good year. We have made significant strides toward further integration of our services with the primary healthcare system. Consumer health and wellness has been at the forefront of efforts and we have developed a PATH group run by Peer Support Specialists. One of our nurses is a team member with the HOPE Center wellness group.

We continue to advocate for integration of substance abuse and behavioral services assessment, access and service authorization as well as the

reconsideration of the current alignment of our county with regard to the Substance Abuse Coordinating Agency. We believe that alignment of our county with the Community Mental Health Partnership of Southeastern Michigan (our Medicaid Affiliation) would be consistent with recommendations coming from the state and benefit good clinical practice.

Lenawee CMH continues to be accredited by the Joint Commission, remains in good standing with our Affiliation and DCH. In September we underwent our 3-year review by the Office of Recipient Rights (DCH) and received a perfect score. Notations of commendation for the good work of our Rights Officer, Fran Foley and administrative support by Karen Rawlings were included in the comments made by the survey team.

We always take pride in our community education accomplishments and our



Roger Myers
Executive Director

special efforts to combat stigma and prevent suicides. We made many presentations throughout the year, but our showcase event was the exhibit “The Lives They Left Behind: Suitcases from a State Hospital Attic”.

Our new fiscal year has begun and we know there are many challenges ahead. National healthcare reform has already taken us into uncharted waters and new ideas about behavioral healthcare services and structures. We will do our best to keep our community informed and involved as the future unfolds.

Finally, thanks to those we serve, our community partners, our providers and our board for your continued support, patience and willingness to journey with us.

COMMUNITY FORUM

A state initiative to improve quality, access, eliminate regulatory conflict and lower costs of health care for persons eligible for both Medicare and Medicaid prompted a Community Forum at CMH on October 5th.

The State asked for feedback from the local level about

concerns people might have if care for dual eligibles was integrated. A good cross section of consumers, parents, guardians and providers were vocal about their likes and dislikes of the current system and their concerns for change if funding, management and services for



the “dual eligible” population was centered in one place. The results of the forum were submitted to the Michigan Department of Community Health.

November 2011

LCMHA website: www.lcmha.org

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STAY FREE OF THE FLU!

The single best way to protect against the flu is to get vaccinated each year. Who should get a flu shot? Everyone age 6 months and older is now recommended to get a flu shot.

Those at highest risk for illness or transmitting the flu include:

- Children younger than 5 years of age
- Pregnant Women
- People with certain medical conditions like asthma, diabetes, or heart and lung disease
- People 65 years and older
- Caregivers of those in one or more of the above high risk groups
- Caregivers of infants younger than 6 months because these babies are too young to receive the flu shot
- Health Care Workers

Flu shots are available at the Lenawee County Health Department.

Please call (517) 264-5226 and press 2 to schedule an appointment for your flu shot.

Walk In flu shots will be available on Fridays from 8am-noon

CHAIR ART

Congratulations to members of Goodwill’s LINC program, who decorated and donated two chairs for the annual Chair-ity Auction. This year’s auction, part of the 5th Annual Art-A-Licious Festival held last month, raised more than \$2,000 for the Boys & Girls Club of Lenawee art program.

One chair was an “I Spy” floral decoupage that sold for \$125, and the other—a Humpty Dumpty theme that brought \$25.00. “We have some very talented people in LINC and they had a great time making

the art pieces,” said Karla Mangrum, Goodwill’s non-vocational program coordinator. “They are very proud that their work will be used to benefit others.”

Learning Independence, Navigating Choices (LINC) is a non-vocational program where participants learn social and daily living skills. They also participate in crafts, hobbies and other activities that foster friendships and healthy social interaction. LINC is a partnership with Lenawee Community Mental Health



Authority. Participants in the program are referred by LCMHA Supports Coordinators.

UNIT PRICING

The big box or the smaller box—which one is the better buy? We usually assume that it is the “economy size” or “family size” container, but that may not always be the case. How do you know what is going to get you the most for your money? Most of us would be in the store for hours if we tried to calculate the best buy for every product we purchase. This is where unit prices come in handy—they do the calculating for us!

Unit pricing labels are usually found below the total price label on the grocery store shelf. These labels are often easy to overlook but are the most helpful items in the store when it comes to getting the most for your money. The unit price tells you the price per unit whether the unit is ounces, pounds, quarts, or other measures of weight or volume. Which is a better buy—10oz of cereal at 28.5c per oz, or the 15oz package at 26.3c per oz.

It is easy to see that the 15 ounce package has the lower cost per unit and is going to be the better buy.

Keep in mind that buying a large package because it has a lower cost per unit is only going to save you money if you and your family will eat all of the food in the package.

<http://www.extension.org/pages/19896/using-unit-pricing>



Be financially smart and get the most for your money. Be on the lookout for the unit price label the next time you go grocery shopping.

INTERCONNECTIONS DROP-IN CENTER

There are lots of things happening at the Center!

Welcome to the new Director—Jen Schall, Mark Roman the new Business Manager and Deanna Dermeyer—staff member. Please stop by to say “hi” and

welcome the new staff members.

Watch for some new activities to be added, as well as the usual pot-luck dinners and pool tournaments etc.

If you have any ideas, or would like to see

improvements or additional activities or events—contact Jen at 517.265.9588.

The Drop in Center is open Monday—Wednesday from 12pm—5pm, Thursdays—Saturdays from 12pm—8pm, closed on Sundays.



NEWS FROM THE HOPE CENTER

HOPE Community Center is dedicated to serving adults living with disabilities in Lenawee County. One of the greatest ways we serve these individuals is by offering them opportunities to serve their communities. HOPE hosts, and facilitates, Aktion Club of Lenawee County meetings and service projects each month. Aktion Club is an extension of the Kiwanis service club family, which is made up exclusively of adults living with disabilities. It allows individuals with special needs the opportunity to take on club leadership

positions such as: President, Vice-President, Secretary, Treasurer, and gives those individuals an active role in choosing what community service projects they are interested in pursuing.

Our members have the opportunity to volunteer at a variety of organizations in the community, including: *Salvation Army, Daybreak Adult Care Program, St. Joseph's Food Pantry, and Catherine Cobb Domestic Women's Shelter* on a monthly basis. HOPE also facilitates community service projects in our own building. We have recently

hosted two *American Red Cross Blood Drives* in the last 6 months. We also recently hosted the *Catherine Cobb Domestic Women's Shelter Clothes Drive* on Tuesday, November 8th.

Adults with disabilities are an important part of our community. HOPE recognizes this fact and believes that these individuals have much to offer, and teach our community.

The quote (right) by Ryan Rowe, Principal, LISD Tech Center, and Aktion Club Advisor communicates this well:

“HOPE Community Center members work to make Lenawee County a better place for us to live and work. As contributing individuals of our society, members assist through paid or volunteer experiences throughout the county. Each is able to utilize the HOPE Center as a beacon for support as members socialize, participate with recreational activities, volunteer, and lead through a variety of programs and events. HOPE members wake up each morning with purpose and work diligently to make each day the best that it can be. I am proud to live and work in Lenawee County where I may work alongside HOPE members to benefit the community as a whole”

MEDICARE OPEN ENROLLMENT

The time period to select a Part D prescription drug plan under Medicare has changed this year. The new dates are **now through December 7th.**

This should give you enough time to review and make changes to your coverage. It also ensures Medicare has enough time to process your choice, so your coverage can begin without interruption on January 1st.

For more information visit:

- ◆ www.medicare.gov/find-a-plan to compare current coverage with all of the options available in your area, or enroll in a new plan if you decide to make a change
- ◆ Call 1-800-MEDICARE (1-800-633-4227) 24 hours a day/7 days a week. TTY users should call 1-877-486-2048.
- ◆ Review the Medicare & You 2012 handbook (mailed to people with Medicare in September)
- ◆ Get one-on-one help from your State Health Insurance Assistance Program (SHIP). Visit www.medicare.gov/contacts or call 1-800-MEDICARE to get the phone number.



U.S. Department of Health & Human Services



POWER DAY

A dozen people ventured to the Capital in Lansing for Power Day sponsored by JIMHO (Justice in Mental Health Organization) to talk with our legislators. We talked with Nancy Jenkins, Bruce Caswell and Mike Shirkey to let them know our feelings about issues of cutting mental

health services in our community. If you would like to be a part of helping direct our legislators to vote for what our community needs, contact Inter-Connections and join the Legislative Group. They will be investigating legislation that affects mental health consumers and writing letters

and expressing their views. For more information contact—517.265.9588.



REE

Some of you may remember participating in a REE survey here at LCMHA. The REE Survey (Recovery Enhancing Environment Measure) was a survey to collect data regarding where people were in the process of mental health recovery, and what markers of recovery they were currently experiencing. The survey results show how successful a program is in creating an atmosphere in which recovery can flourish—whether the program has an environment that enhances recovery. The REE also provided mental health programs and systems with answers to other important questions such as:

6. What aspects of our program or system need to change to better support people’s natural capacities for healing and growth?

Here at LCMHA, the survey showed strong marks in the overall involvement in the recovery process but yet we still had areas for growth: The following are the results of the overall question asked regarding their involvement in the recovery process in all program types (see table below).

The 2nd overall question surveyed the percentage who agree that the program supports recovery elements—all programs (table at right).

Personal identity	94%
Sense of meaning	92%
Hopefulness	90%
Self Monitoring	90%
Wellness programming	93%
Respecting/ upholding rights	95%
Building positive relationships	88%
Meeting basic needs	79%
Empowerment	91%
Taking on new challenges	87%

Since the survey was conducted, LCMHA continues in its efforts to achieve recovery. Including instituting a Seeking Safety group, providing more support groups and hiring another full time Peer Support Specialist; implementation of KRSA (Keeping Recovery Systems Alive) in management meetings and all staff meetings; promoting recovery discussions in staff meetings, implemented Self-Sufficiency Matrix (assessment tool used in M I A d u l t Case management); having substance abuse specialist at CMH for referrals. As we gear up for the holiday season we continue to stay focused on recovery and will continue to implement new tools that will assist us with that goal.

1. Where are the people we serve on their personal journey of recovery?
2. What factors are important to address in a recovery-oriented mental health system?
3. What recovery-promoting practices are already in place in our system?
4. What services and supports are not yet fully developed?
5. How well do we help people develop their potential for resilience and recovery?

I have never heard of or thought about recovery	10%
I do not believe I have any need to recover	1%
I have not had the time to really consider mental health recovery	1%
I have been thinking about it but have not decided to move on it yet	8%
I am committed to recovery and making plans to take action very soon	8%
I am actively involved in the process of recovery	49%
I was actively moving toward recovery but now I am not	6%
I feel that I am fully recovered: I just have to maintain my gains	9%

SHARING HOPE

Congratulations this year goes to Brenda Lawson, Peer Support Specialist at LCMHA. Brenda was the recipient of the Sharing Hope Award for Lenawee County, she was nominated by Judy Warren. The following is an excerpt from Judy's nomination form:

"I first met Brenda when she was referred to my DBT group in December of 2008. She had feelings of anger, resentment and hopelessness. She believed this treatment, like all the others, would fail her. Her self esteem and worth were at an all time low. I asked Brenda to "stick with me" and if she worked hard in DBT, she would see the positive payoffs. Weeks turned into months and Brenda rarely missed any of her DBT group sessions. She completed all of the homework, filled out and utilized the diary cards and participated greatly in all sessions; practicing her skills each and every day. In October 2009 she graduated from DBT. Upon this graduation, Brenda was a different person. She was able to control her emotions; handle extremely difficult

stressors; work effectively with others and her depressive symptoms subsided. She had gone back to school and found a part time job. At the end of DBT, she was basically co-facilitating the group with me.

Fast forward to the fall of 2010, and we were advertising for a part time position for someone who could fill a peer support specialist role. I immediately thought of Brenda and called her to inquire if she was interested. She called, applied and got the job working 20 hours a week beginning in November of 2010. She continues to work (full time) here at CMH in that capacity and is always willing to do whatever she can to assist our consumers. She is co-facilitating a Seeking Safety group and will very soon be co-facilitating a DBT group with me! Brenda always has a smile on her face and is very grateful for the blessings that have come her way. As I sit in her office, or she sits in mine or we pass each other in the hall, I marvel at how far she has come in the past 2 1/2 years and how hard she worked to get here. She is a walking

testament that recovery in the mental health field does occur and we shouldn't settle for anything less!"

The keynote speaker at the conference was Patrick Barrie, Executive Director of the WCHO. Patrick explained what integrated health will look like, and how it will affect all of us. He also provided information on the Affordable Care Act and the Strategic Plan for the future.

Breakout sessions included a Seeking Safety group for individuals who have experienced substance abuse and trauma in their life. An expert panel discussed experiences with developmental disabilities, and a "Managing Change and Loss" group discussed creating a culture for change.

"Through the Eyes" Theater troupe presented a program about the experience of mental illness from the inside out, including the road to recovery.



"Brenda is a walking testament that recovery in the mental health field does occur and we shouldn't settle for anything less"

*Judy Warren
MI Supervisor, LCMHA*



Notice

There will be no Movie Day in November and December.

It will resume in January.

Today in America:

- 1 in 4 adults—about 57.7 million Americans—experience a mental health disorder in a given year
- Despite effective treatments, there are long delays between the first onset of symptoms and when people seek and receive treatment
- Fewer than one-third of adults and one-half of children with a diagnosable mental illness receive mental health services in a given year
- In the United States, the annual economic cost of mental illness is estimated to be \$79 billion. Approximately \$63 billion reflects the loss of productivity as a result of illnesses.

However, there is hope—

With proper care and treatment, 70—90% of persons with mental illnesses experience a significant reduction of symptoms and an improved quality of life



CHARISSA DESIGNER JEWELRY

Whitney Raymond has loved making jewelry as a hobby for many years, but has only recently begun making things to sell in the Goodwill Store.

Whitney has been attending Goodwill off and on since about 1993, and after seeing the success of her brother's candle business, she decided this was a good way to make a little extra pocket money.

Whitney's key rings sell for \$3. Soon she will have bracelets and necklaces to sell too. She hopes to start making earrings for the holidays. Most of the supplies are purchased from WalMart or Hobby Lobby.

When Whitney is not working on her micro-enterprise on Monday afternoons, she loves to ride her bike, read, walk



and watch TV.



TERESA'S CANINE CRUNCHIES & HOME MADE BREAD

Teresa Hirt used to enjoy helping Rex with his cookies at New Focus Clubhouse because she loves to cook. So when she started attending Goodwill, she decided to start her own micro-enterprise.

Due to her love of dogs and baking, she decided that all natural dog treats was the way to go. Teresa likes to go to Aldi to buy wheat germ, flour, peanut butter, and chicken in bulk. After mixing all the ingredients together, using a bone shaped cookie cutter, and baking the treats in the oven for 10—15 minutes, the dog treats are cooled and packaged five per bag. Each bag sells for 75c. However, she can make large custom orders if anyone

is interested.

With the success of the dog treats, Teresa decided to branch out a little more with small loaves of banana nut bread/pumpkin bread/lemon berry/banana berry bread. These sell for \$1.25 each.

Teresa does have her food handlers permit from the Health Department.

As a Chicago native, Teresa moved to the Tipton area 5 years ago, and enjoys the independence that she has been given. She really enjoys the Mondays and Wednesdays that she spends making her goodies at Goodwill. Everyone is super friendly and non judgemental.

When she is not baking, Teresa enjoys gardening, taking care of her salt water aquarium and her cat. She loves the outdoors and camping.



MEET BOOTS & JOSE!

If you are visiting Goodwill at any time—you may catch a glimpse of two adorable new additions to the LINC program!

Kittens, Boots and Jose, have been adopted by the staff and consumers.



POSY PENS



Shawn Slater is a very busy lady, and very popular now that she is making “posy pens”. Selling for just \$1.00 each at the Goodwill Store, there are many different flowers available in a

multitude of colors. She is currently working on holiday flowers. Posy Pens are simply a regular ball point pen wrapped in floral tape, with a flower on the top—very easy to make and act as something decorative for your desk! She also has a flower pot with rocks and 4 flowers which can be bought as a set for \$6, with additional pen/flowers for \$1.00 each.

Shawn loves all kinds of crafts, she makes jewelry and paints at home. One of her favorite things to do is “word finds”. When she is not working at her crafts, she loves to go on the computer, play on her Wii, or have fun with her pet

cat, Thomas!

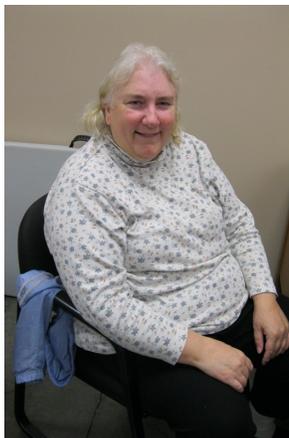
Shawn has been attending Goodwill for many years in the workforce and LINC programs, and now she has added three hours on Wednesday mornings working on her micro-enterprise and shopping for supplies, mostly at the Dollar Tree. She also has a second job stocking the magazine racks at Bobs Market in Hudson on Fridays.

A very independent lady—living in her own apartment in Adrian. She grew up in the UP, and most of her family still lives in the Grayling area.



If you would like to learn more about the micro-enterprise program at Goodwill, or if you have any questions—contact Ronda Jewell, Microenterprise Coach at 517.263.2135 Ex. 265 or rjewell@goodwillsemi.org

YARN CREATIONS



Mary Belaire has been featured in the Grapevine before as she sold Avon products for many years.

Now she is branching out into something else that she is good at—knitting and crocheting! Mary credits her mom for teaching her how to do both when she was about 12 years old. Over the years she has made many baby shower gifts and afghans.

Mary’s Supports Coordinator—Aimee Snyder, suggested that she begin her own business since she loved it so much. Now, Mary attends Goodwill two half days a week. Supplies are purchased mainly at Meijer and Walmart.



and stitches them together. She is very willing to take orders with color preferences.

Mary lives at the Four Seasons Apartments with a roommate, but hopes one day to move to the Onsted or Hillsdale area to be closer to the lakes. Mary grew up in Petoskey, moving to Adrian in 1999.

Among her many talents she is also an accomplished piano and synthesizer player. She is very involved in her church. She also has three grown sons that she is very proud of.

All of the micro-enterprise products showcased here, and previously in the Grapevine will be available at the Adrian “Winterfest” scheduled for December 3rd in Downtown Adrian



It takes a couple of months to knit a complete outfit like the picture at left. However, the crocheted pillow (pictured above) only took about a month. For the pillow Mary crochets “granny squares”



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Community
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Authority

LENAWEE COMMUNITY MENTAL
HEALTH AUTHORITY

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Stacie Crosier
(top) —MI Case
Manager
Kevin Patterson
(below) —MI
Case Manager,

and Sarah Douglas
(below) —
Childrens Case
Manager all
received their 5
Year Service
Awards at the
September Board
Meeting—presented by Deb Bills (Vice Chair)



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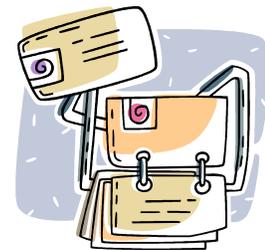


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